

**Biography:**

This website is administered by Steve Spiegel; I am an independent neuroscientist living in the Pacific Northwest. My affinity for science was initiated by my father's interest in natural science; my interest in neuroscience developed after an epiphany about stress and human psychology during early adulthood. The epiphany initiated decades of obsessive, independent investigation into the natural science foundation of the current psychology/psychiatry paradigm. Meanwhile, I supported myself, my wonderful wife and two beautiful children with a job managing a commercial maintenance company until retiring in 2014. Along the way, I enjoyed some travels (especially van camping), hiking, and family outings.

I've been obsessed for decades investigating the impact of stress on human psychology and recently finished a more scientific, natural science foundation for neuroscience research. This critically important science supports my revival of the classical thinking theory of associationism; but unlike previous iterations of associative-thinking, I also advocate a motivation theory that directs the mental process. Astonishingly, understanding associative thinking and the motivation that directs it is the key to understanding human psychology — self-knowledge.